

Zones of Regulation



What is self regulation?

The ability to focus your attention, control your emotions and manage your thinking, behaviour and feelings.



What do you do
when your body
feels cold?




What do you do
when your body
feels hot?




This is called **SELF REGULATION!** You regulate your body so your body feels comfortable and safe.

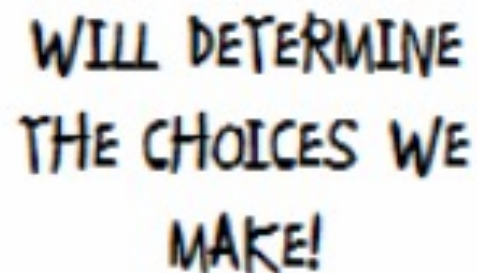
You can also regulate your thinking and your feelings too.

A hand-drawn thought bubble with a small tail pointing downwards.

What we THINK
is how we....

A hand-drawn heart shape.

FEEL! How we
FEEL.....

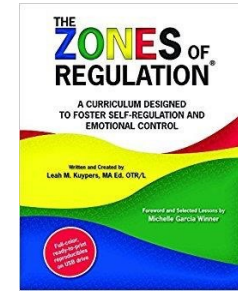
A hand-drawn speech bubble with a tail pointing upwards and to the left.

WILL DETERMINE
THE CHOICES WE
MAKE!

The first step to self-regulation is identifying how your body and brain feels. There are four zones that help us with this. These zones are called the Zones of Regulation!

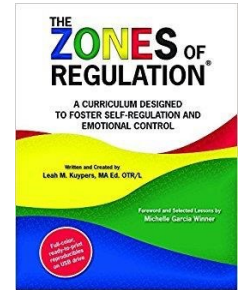
How does my brain
and body feel?





- Vocabulary of emotional terms
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills

WHY TEACH THE ZONES OF REGULATION®?



- Provides a **common language** to discuss emotions – a language that is non-judgmental.
- The Zones of Regulation is **simple** for children to understand but is helpful for all!
- The Zones **teach healthy coping and regulation strategies.**

The four zones are:

BLUE GREEN YELLOW RED



Blue	Green	Yellow	Red
 A cartoon character with blue hair, wearing glasses, a light blue sweater, and dark blue pants. He has a slightly sad or thoughtful expression.	 A cartoon character with blue hair, wearing a yellow dress with a floral pattern. She has her hands on her hips and a confident expression.	 A group of three cartoon characters. On the left is a green girl with a purple bow in her hair. In the middle is a purple boy with a white swirl above his head. On the right is a pink pig-like character.	 A cartoon character with a large red face, wearing a white shirt and a brown tie. He has a very angry expression with furrowed brows and a wide, toothy grin.

THE BLUE ZONE- Is used to describe low states of alertness- such as when we feel sad, low, tired, sick or bored. This is when body or brain is moving more slowly.

The GREEN ZONE- Is used to describe a regulated state of alertness. A person may be described as calm, happy, focused or content when in the Green zone. This is the zone children generally need to be in for school work or being social.

THE YELLOW ZONE- This is used to describe a heightened state of alertness; however, however a person still has some control while in the yellow zone. A person may be experiencing stress, frustration anxiety, silliness, nervousness and slightly more elevated emotions and states when in the yellow zone may be wiggly, squirmy, or sensory seeking. The Yellow zone is starting to lose some control.

The RED ZONE – is used to describe an extremely heightened state of alertness. A person may be experiencing anger, panic, terror, devastation or elation when in the red zone. Being in the Red zone can be explained by being overwhelmed by one's feelings and having a loss of control.

How does my brain feel?

REST
AREA



Tired



Hurt



Sad

BLUE ZONE FEELINGS



Bored

Lonely



Sick

Sleepy



Bert feels sad



- <https://www.youtube.com/watch?v=ZgRN-AytScE>

How does my brain feel?

GO



Calm



Learning

GREEN ZONE FEELINGS



Ready to Learn

Happy



Focused

Dory in the green zone.

<https://www.youtube.com/watch?v=sB6W2VAX2J8>



How does my brain feel?

Slow Down
And Breathe!

YELLOW ZONE FEELINGS



Annoyed

Surprised

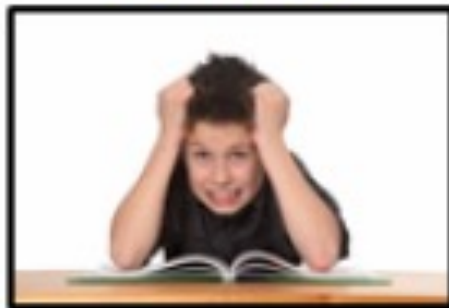


Silly



Excited

Frustrated



Competitive

Elf in the yellow zone

https://www.youtube.com/watch?v=b6yYd6Pq7Ic&list=PLNtcYq0vdW0bE_Qc2fr-9zbngdax8rd7m

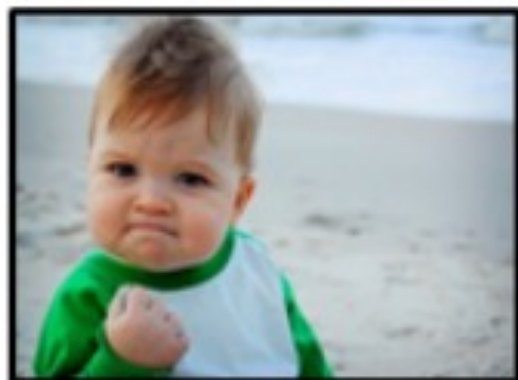


How does my brain feel?

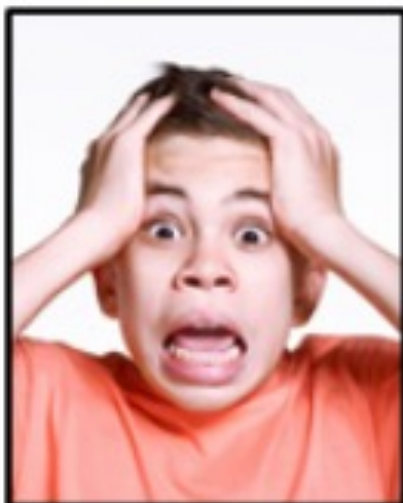


RED ZONE FEELINGS

Terrified



Aggressive

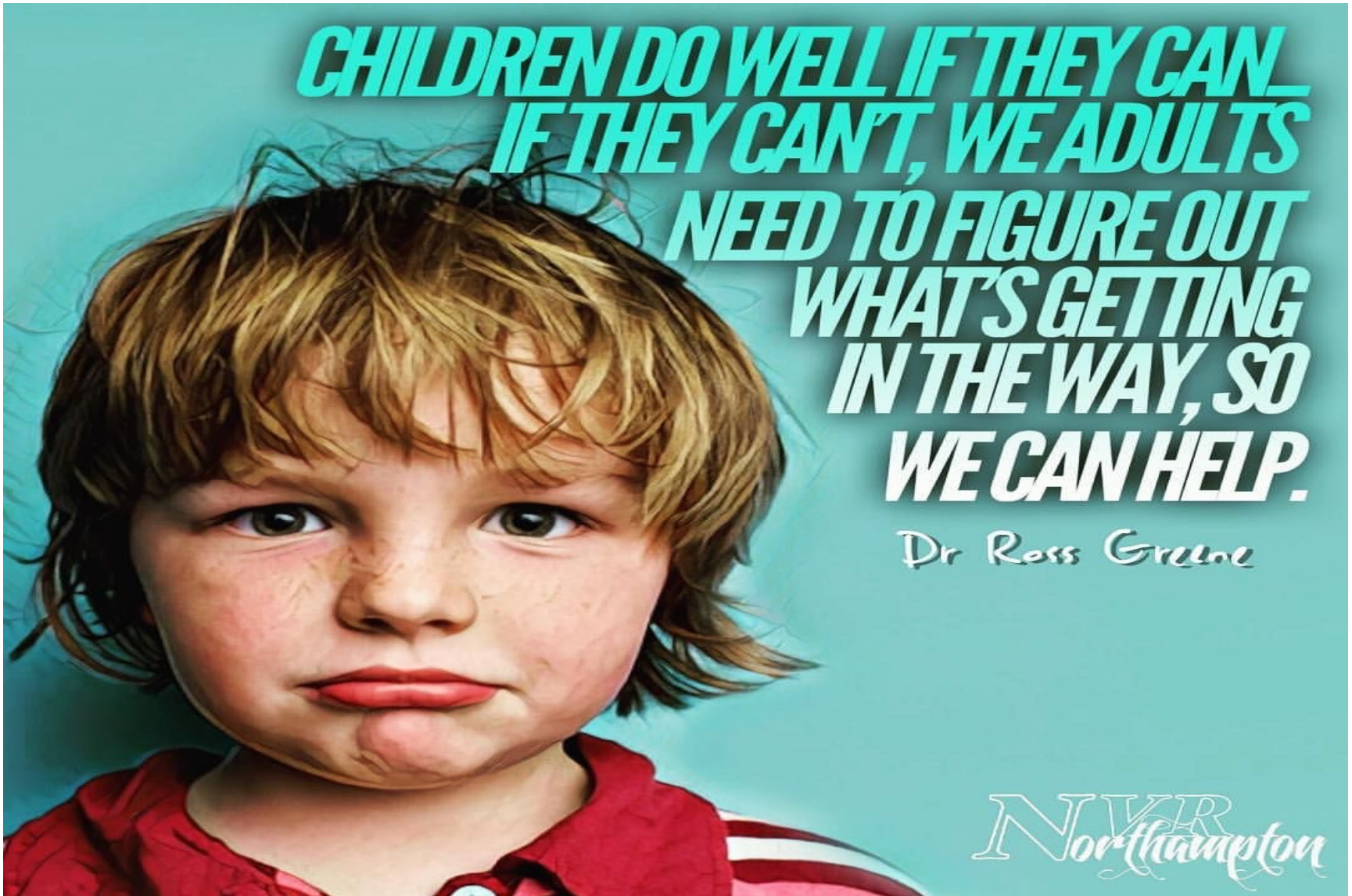


Angry

The Incredibles in the red zone!

<https://www.youtube.com/watch?v=3v196bt5kTU&list=PLex1ABlduQCnIXSJgLC4u0fLFVbJIleWm>





**CHILDREN DO WELL IF THEY CAN.
IF THEY CAN'T, WE ADULTS
NEED TO FIGURE OUT
WHAT'S GETTING
IN THE WAY, SO
WE CAN HELP.**

Dr Ross Greene

*NVR
Northampton*

- We can't help our children regulate if we are not regulated ourselves.....

It's ok to tap out if you can!!!!

- It's ok to be..... Sad/happy/angry etc
- It's not ok to hit/kick/swear etc
- I can see you are feeling I am here for you/how can I help.
- No emotion is bad, our strategies of dealing with it are what is important.
- STOP trying to make your child feel better, this teaches that that emotion is a negative emotion.
- Normalise all emotions and model your tools and coping strategies.